



DAIKON

Daikon can be grated or sliced and added to various cooked dishes, fresh salads, or stir-fries. Young leaves are also good when steamed and served with a little butter. Daikon seeds are slightly peppery and great in a tossed salad.



CEYLON SPINACH

The succulent young and mature leaves and stems are eaten, usually mixed with other vegetables in a soup or stew. The flavor is very mild.



SNOW PEAS

Both snow pea pods and seeds are edible and are used in soups, meat dishes, salads, and stir-fries. The tender 6-inch plant tips can be boiled like spinach or added fresh to a green salad.

Asian Vegetable Guide:

<http://ucanr.org/u.cfm?id=50>



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FIELD OF GREENS SALAD

Serves 6

INGREDIENTS:

- 4 cups Ceylon or water spinach
- 1/2 cup chopped gailon
- 1/2 cup snow pea tips
- 1/2 cup snow pea pods
- 1/2 shaved daikon
- 1/2 cup sliced fresh strawberries
- 2 tablespoons toasted slivered almonds

DRESSING:

- 2 cloves garlic, minced
- 4 tablepoons sesame oil
- 1/2 lemon, juiced

DIRECTIONS:

1. Wash all veggies; pat dry. Toss together spinach, gailon, snow pea tips, and pods.
2. Prepare dressing: Sauté garlic in hot oil until slightly browned; add lemon juice. Toss greens with dressing and lemon juice.
3. Top salad with daikon, strawberries, and almonds.



NUTRITION FACTS PER SERVING:

Calories 118 kcal; Total Fat 10.7 g; Saturated Fat 1.5 g; Sodium 19 mg; Carbohydrate 4.6 g; Dietary Fiber 2 g; Sugar 2 g; Protein 2 g